

AMENDMENTS TO THE SPECIFICATION

Please amend the Specification as follows:

On page 4 of the specification, please replace the paragraph beginning at line 13 with the following:

According to the present invention, there is provided a sanitary product for insertion into a human vagina, the product comprising an internally wearable absorbent plug and an externally wearable absorbent pad joined joined to one another by a sheath that opens through the pad and is ~~resiliently expandable in a radial direction, but not in a longitudinal direction~~ elastic in only a circumferential direction, which allows for radial expansion, such that a wearer's finger can be received in the sheath to assist insertion.